

ክፍሊ መርመራ ራጂ

ሓበሬታ ንሕመማት ናይ ማሞግራም ምርመራ ቆጶራ ዘለዎም

ናይ ማሞግራም ምርመራ ብዘወሓደ ዓቕን ራጂ ንናይ ጡብ ካንሰር ንምቕላዕ ዝካይድ ኮይኑ ኣብ ግዜ መርመራ ክስመዓክን ኣይክእልን እዩ፡ እዚ መርመራ እዚ 30 ደቐይቕ ይወስድ ብዙሕ ቅድመ ምድላው እውን የድልየክን እዩ።

መዘኻኸሪ።

1. ቅድሚ መርመራ ፓውደር ወይድማ ዲኦኦራንት(ጨና ትሽትሽ ዘጥፍእ) ኣይትጠቐሚ።
2. ናይ ላዕልን ታሕትን ክዳን ተሸደኒ(ንምሳሌ ጎና ካምቻን ወይድማ ስረን ካምቻን) ምኽንያቱ ካብ ሽንጥኺ ንላዕሊ ዘሎ ክዳን ኣብ ግዜ መርመራ ስለዘወጽእ።

ማሞግራም መብዛሕትኡ ግዜ ኣየሕምምን እዩ ኣብ ጡብክን ክጠብቕ ከሎ ጥራይ ቁሩብ ጸቕጢ ይስመዓክን ይኸውን፡ ድሕሪ ናይ ማሞግራም መርመራ ምክያድክን ባዕልኸን ናይ ጡብክን ምፍላጥ ወርሓዊ መርመራ ክትገብራ ብጣዕሚ ኣድላዩ እዩ ናይ ጡብክን መርብብ ከመይ ከምዘስመዓክን ምፍላጥ ዝኸነ ልውጢ ኣብ ጡብክን ዝመፅእ ብቐሊሊ ክትፈልግ ትክእላ፡ኣብ ደቂ እንስትዮ ዘጋጥም ሕበጥ ብቐዳምነት ዝረኽብኦ ባዕልን ደቂኣንስዮ እየን ባዕልኸን እትገብርኦ ወርሓዊ ናይ ጡብ ምርመራ ነቲ ሕበጥ ጽኪ ዝመስል ብእዋኑ ንምርካብን ንምድህሳስን ብጣዕሚ ኣድላይነት ኣለዎ።

ኣብ ቆጶራኺ ክትርከቢ ዘይትክእሊ እንተድኣ ኮይንኪ ኣብዚ ዝስዕብ ስልኪ _____ ደዊልኪ ኣብርና

ናይ ቆጶራ ዕለት _____

ናይ ቆጶራ ሰዓት _____

ኣብዚ ዝስዕብ ስልኪ ቁጽሪ ደውሊ _____
ቆጶራ ክትቅይሪ ከምኡውን ሕቶ ምስዘሕልወኪ

ክትድንጉዩ ውይድማ

Department of Radiology

INFORMATION FOR PATIENTS SCHEDULED FOR A MAMMOGRAM

A mammogram is a low-dose breast x-ray that can identify breast cancers, some even too small to be felt. The exam usually takes about 30 minutes and does require some preparation.

REMEMBER:

1. Do not put on any deodorant or powder before your exam.
2. Try to wear a two-piece outfit (i.e. skirt and blouse or pants and blouse) because you will need to remove everything from the waist up.

Mammograms usually do not hurt, but it can be uncomfortable when we compress your breasts. After your mammogram, it is important to follow up with monthly breast self-exams. It is important for you to be familiar with your own breasts. After you learn how your normal breast tissue feels, you will be able to recognize a change if one occurs. Most breast lumps are first discovered by women themselves; therefore, doing monthly breast self-exam is a very important part of early detection.

If you are unable to keep your appointment, please call _____.
(Phone No.)

Appointment Date: _____

Appointment Time: _____

Please call _____, if you are going to be late or need to reschedule your appointment or have any questions.